

## Potatoes as a Food.

At high prices the potato is not a good food; it is not at any price one of the best. Civilized humanity existed without it for centuries, rising to the summit in a potatoless old world. Habit and convenience in storage have led to overuse.

The potato is three-fourths water and not quite one-fifth starch, which is its chief food substance, an excellent one for outdoor workers in severe climates. It is less valuable for sedentary workers indoors.

Only one-hundredth part of the potato is fat; 3 per cent nitrogen, 2 per cent sugar. These more valuable substances are so slight that during the famine of 1847 Irish cottagers formed the habit of cooking potatoes "with a bone in the middle"—that is, of undercooking them so that they might delay digestion and stave off hunger.

There are substitutes, of which rice nearly approaches the potato in values and defects. The correct instinct of rice eaters has mended the latter by the invention of pilaf, in which rice is supplemented by chopped meats or gravies.—New York World.

## Germans in America.

The total number of German born in the United States is 2,501,333. If Austria-Hungary is included the total is increased to 3,171,915.

The natives of Germany and Austria-Hungary comprise 31 per cent of the total foreign population of the country and less than 5 per cent of the total.

New York has the largest German population of any state in the Union. The total is 403,700. The German population of New York city is only 14 per cent of its foreign population.

The half of Cincinnati's citizens were born in Germany. The other centers in the order of their population of the German vote are as follows: Baltimore, Buffalo, Chicago, Detroit, Jersey City, Los Angeles, Milwaukee, Newark, St. Louis and San Francisco.

In its proportion of Germans Wisconsin leads, Minnesota second.—Syracuse Post-Standard.

## Our Fishing Presidents.

Fourteen of the twenty-seven presidents of the United States have been fishermen. When fishing and the presidency are mentioned the mind instantly recalls Cleveland, the fishing president. He is the one president who wrote a book discussing angling. It is not generally known, but the first president of the republic was an enthusiastic angler. It may be of interest to the enthusiastic anglers of the nation to record the names of the fishing presidents. They are George Washington, Martin Van Buren, John Tyler, Zachary Taylor, Millard Fillmore, Franklin Pierce, Abraham Lincoln, Andrew Johnson, Ulysses Simpson Grant, James Abram Garfield, Chester Alan Arthur, Grover Cleveland, Theodore Roosevelt and William Howard Taft.—New York Sun.

## An Exercise For Typists.

Is it of any value to know how to say the alphabet backward? A correspondent says: "I think this is new, as I am the inventor, and it is of some use in exercising on the typewriter if for nothing else. The twenty-six letters of the alphabet are used as initials of words divided into five groups of four initials and one group of six. The groups are connected as follows: Zebra Yacht, Xylophones Whacked, Vines Cultured To Sing, Band Quick, Pass On! Nature May Lack Kindness: Jones Liable Hanging Grapes: Friends, Enemies, Dogs, Cats, Bats, Ants.—New York Sun.

## A Way the Dutch Have.

The Dutch have a delightfully original way of collecting their taxes. If after the notice has been given the money is not sent the authorities place on or two hungry militiamen in the house, to be lodged and maintained at the expense of the defaulter until the amount of the tax is paid.

## Its Oddity.

There is one thing in a lawyer's profession which is different from any other.

"What is that?"

"The longer he is at it the more he has of a brief career."—Baltimore American.

## In His Line.

"He is building an immense artificial mountain on his country estate."

"Well, I guess it comes sort of natural for him to put up a bluff."—Puck.

## Marital Amenities.

"My hand is always in my pocket."

"That's just what I'm complaining about. It never comes out."—Exchange.

## PRACTICAL HEALTH HINT

**Consumption.**

A diet of peanuts is suggested as a cure for consumption by Dr. Brewer in the Journal of Hygiene. This seems too simple to be true, but Dr. Brewer tells of two young women who had grown sick of cod liver oil and bakes and who were treated by him with salted peanuts—all they could eat—combined with inhalations of vinegar.

"One would think this a very indigestible diet," he writes, "but they craved them, and it has always been my policy to find out just what my patients desire to eat, and unless it is too unreasonable I humor them. Both young ladies have become plump and after one year's inhalation have ceased coughing, and I pronounced them cured."

Peanuts are recommended also for sleeplessness.

## Self Training Is Best, Says Armour.

In the American Magazine is an article by J. O. Armour entitled "Armour Men Who Got Ahead—and Why," in which Mr. Armour gives his opinion of the qualifications that make for business success.

"One of the truest axioms I know," he says, "is the business saying that 'the best trained man is the self-trained man.' It is my belief that no man developed by a formula in a business organization can ever reach the power of one who is put on his own responsibility, knowing that his advancement depends on his own brains, foresight and application."

"By this I do not mean that a business leader should let his men go along blindly. He must always give something of himself. He must teach them the overhand and crawl strokes where they knew only the breast stroke before. But in any office organization the man who has never had to stand squarely on his own feet is never in a position to march ahead."

## Work of a Microscope.

One of the newest of astronomical instruments is the blink microscope. The principle involved is similar to that of the moving picture machine. In the latter the film used consists of a series of pictures, each a little different from its predecessor. If these are presented in rapid succession the series is fused into one picture in which the succeeding differences appear as motion. The blink microscope enables one to compare a photograph of a portion of the heavens with another of the same region taken several years later. An ingenious contrivance brings first one then the other plate into view in rapid succession. If in the interval between two exposures a star in the region has changed its position appreciably it will appear to move and can be detected at once. Formerly it was necessary to measure carefully the positions of all the stars on both plates in order to detect those with large proper motions. Such stars are sometimes called "runaway" stars.

## Complaint of the Stupid.

It is only stupid people who complain that they are misunderstood. If they were not stupid they would know that there is absolutely no such thing as being misunderstood, and therefore that there is nothing whatsoever to be gained by complaining about it.

Wise people who want to be understood do not spend their time complaining, but in perfecting some means of expressing themselves by which they may reveal to the world about them some slight remnant, at least, of their souls or their minds or their ideas or their discoveries or their eccentricities or whatever it is they want to make known.

When you complain about not being understood the only thing you make clear is that you are a complainer.—Puck.

## Eskimo Carving.

All of the Eskimo carving today is done with steel tools, but there is work in existence that dates back to the stone age. The older Eskimos say that their ancestors used tools of flint, and it is known that they have been carving ivory for many generations. Some of the very poorest of them and those that live in the most out of the way places are noted for their work of this kind. They seem to do it for pastime and make many toys and dolls for their children. They have a way of softening the bone, horn or ivory before they work it, and to make the carvings more distinct they etch lines on the surface with a black paint made of a mixture of gunpowder and blood. This, when put on the freshly cut bone, makes a permanent stain.

## What He Didn't Know.

Peyton R. Hayden was long a conspicuous figure among the lawyers of Boone county. While he was fond of studying lawbooks, he cared little about literature.

During a recess one day in the Boone county courthouse a lawyer named Field from Lafayette county asked him what he thought of Byron's "Child Harold." Hayden replied: "Egad, sir, I did not know that Byron had a child named Harold."

## A Giveaway.

Mrs. Blabbi—I don't like her at all, dear. She's a deceitful woman. The other day she tried to get me to say something against you. Mrs. Gaddeigh—She did! How? Mrs. B.—Why, she asked me to tell her confidentially what I really thought of you.—Boston Transcript.

## Oddity of the Sturgeon.

The sturgeon has no skeleton. This fish has many tubercles fixed in the skin along the back and sides. If these tubercles are boiled with a little soda it will be seen that they are beautifully ornamented, somewhat resembling very fine Chinese carving.

## Easy Judgments.

"Solomon was a wise man."

"Oh, he had it easy. There were no technicalities in his day, nor did he have to decide cases with the alienists evenly divided."—Exchange.

## When He Got the Hint.

"What started you thinking about marriage all at once?"

"She wouldn't let me buy her a box of candy—said I would need the money."—Houston Post.

## Romance and Fiction.

When a very rich man marries a very poor girl, that's romance. When a very rich girl marries a very poor man, that's fiction.—Galveston News.

Meet trouble like a man and cheerfully endure what you can't cure.

## The Ideal Kitchen.

The kitchen is the real workshop of the family. Most of the work there has to do with preparing food for the family, cleaning it up and putting it away. The old fashioned kitchens never took into account economy of steps and time, but today this is always done. There is a logical order for the arrangement of the equipment. Things that belong to each process should be together, within the reach of the worker. The icebox, cold pantry, kitchen cabinet, stove and serving table are used together and should be in a close continuous line. This is the food preparation side of the equipment. For the cleaning up of the same economy should be practiced. The sink should be near the china closet or in a butler's pantry, the track should be straight for clearing up. Always have plenty of table room near the sink. A drain board on each side is the best plan, or at least a set of hanging shelves, a hinged shelf and extra table or a wheeled table at the right. If the drain table is porcelain a rubber mat will prevent breakage.—Exchange.

## Aluminum and Oxygen.

Aluminum is in many ways a wonderful substance, albeit in the natural world most of it is oxidized and turned to clay. Its avidity for oxygen is one of its most salient characteristics. It is said that one never sees the metal, directly, in air, but always and only through a veil of superficial oxide which forms on its free surface with marvelous rapidity. It is stated that if a fresh surface of aluminum be prepared by scraping with a knife the oxygen of the air runs in as fast as the scale is peeled off and keeps close behind the knife blade.

If it were not for this superficial scale of oxide, which acts as a barrier to further action, the metal would burn up or degenerate in air. The large amount of heat developed by thermite, a mixture of powdered aluminum with oxygen giving substances, bears witness to the activity of the oxidizing process when completed.—Washington Star.

## Tokyo's Proliferous Slums.

No tourist crosses the Sumida river unless it is to visit the great amphitheater for a wrestling match or a chrysanthemum show, yet there is where the real secret of Tokyo's future lies. It is the factory and slum sections of the city, and the population there has increased in the last decade ten times as fast as has the population in the district of Kojimachi, which surrounds the palace.

In the last generation the population of the five greatest industrial and commercial cities in Japan has increased by 314 per cent as against an increase in the whole empire of 15 per cent. The trend in Japan is cityward, and the visitor to Tokyo, seeing the streets crowded with people, does not realize that in the suburbs the growth in population has run from 250 to 500 per cent in the last decade.—Christian Herald.

## Argentina's Military System.

Every native or naturalized citizen of Argentina, at home or abroad, on reaching the age of eighteen years must be enrolled. The federal executive power takes charge of this national enrollment, which serves at once as a registration of voters and national defenders. A given individual, if at home, is enrolled in one of the five military districts into which the Argentine is divided. If he resides abroad he is enrolled in his consulate, for the government follows him with precision wherever he may wander. With the exception of these consular registrations abroad the general enrollment is entirely in charge of the military authorities, who are counted upon to get more thorough results than a civil census provides.—World's Work.

## A Help to the Soil.

A French chemist attributes to carbonate of manganese in very minute quantities the power of rendering fertilizers more readily assimilable without undergoing any change itself. Experiments have tended to show that with the use of an ounce to about seven square yards germination was more free, growth more rapid and yield better—that is, used with other fertilizers. By itself it is supposed to have no effect whatever.

## His Idea.

"Binks has an idea that he expects to make a lot of money out of."

"What is it?"

"An electric piano with a slot machine attachment."

"There's nothing new in that."

"Oh, yes, there is. The coin you put in stops the playing."—Buffalo Express.

## Flannagan's Way.

Cassidy—Flannagan's thinking of going in to the haulin' business. He bought a foine new cart today. Casey—But shure he has no horse. Flannagan—No, but he's goin' to buy wan. Casey—Well, that's loike Flannagan. He always did git the cart before the horse.—Philadelphia Ledger.

## A Confirmed Taste.

"I'm blest if I can see what Blabkins finds to admire in that Miss Jorkins," said Hinkleigh. "Why, she's wholly made up."

## That's It, I Guess.

"Blabkins always was crazy about fiction."—Harper's.

## Severe Treatment.

Howell—Why did Rowell allow himself to die of starvation? Powell—He said he wouldn't humor his stomach any longer, as it was getting to be a regular grafter.—New York Times.

There are things we must try to attain, yet it is not really the attainment that matters; it is the seeking.—Gilbert Murray

## Bees and Fruit.

An agricultural society of Florence, Italy, has recently carried out a thorough investigation of the alleged injury of fruit by bees and has completely exonerated the latter. Bees are unable to perforate the skin of the fruit, and it is only incidentally that they suck the juices of fruits injured by other natural causes. The damage sometimes attributed to these insects is due to poultry, wild birds, wind and hail, and even more frequently to hornets, wasps, vine moths and other insects. Instead of being harmful to orchards and vineyards, bees perform the useful service of effecting the cross pollination of flowers, and hence the setting of fruit as well as the destruction of damaged fruits (especially grapes) by sucking the juice and pulp and thus preventing fermentation and rot extending to sound individuals. The orchards and vineyards frequented by bees give the most constant crops.—Scientific American.

## Idolatry as It Is.

After months spent in idolatrous lands I have been unable to see much real worship in heathen shrines. The educated worship with their tongues in their cheeks and the ignorant with their hearts in their mouths. But the amount of real worship that exists in heathen temples is very small.

Sometimes a bereaved mother will enter the temple and draw from her kimono the tiny bib of a departed little one and tie it to the statue of Jizo, the god of motherhood. Sometimes an old man or woman almost blind will enter the temple and rub the eyes of a wooden god and then rub his own in the hope that eternal darkness may not close in on his afflicted soul. In some places Buddhist services are as dignified, as well attended and as helpful as our own. In Hakodate I attended a Buddhist preaching service that smacked less of idolatry and more of morals than some ceremonies in our cruciform chapels.—Christian Herald.

## The Arabic Language.

Though the Arabs number less than the population of London, their language is one of the most widely spoken and influential in the world, for it is the language of the Koran. Seventy millions of people in Asia and north Africa speak some form of Arabic as their vernacular, and quite as many more know something of the language from the Koran, which in the original is a text book in the day schools of the Mohammedans from Turkey to Afghanistan and New Guinea. Nor is Arabic unworthy of this extensive use. Renan, after expressing his surprise that such a language should spring from the desert regions of Arabia and reach perfection in nomadic camps, declares that it surpasses all its sister Semitic languages in richness of vocabulary, delicacy of expression and the logic of its grammatical construction.—London Chronicle.

## Politics and Tobacco.

Something like half a century ago a man named Dan Bradley started the custom in a little cigar store in Brooklyn of keeping a box of smoking tobacco on the counter, with a sign above it saying, "Fill your pipe." Partly on the strength of his popularity, due in no small degree to the free fillings for a pipe, Bradley ran independently for the state senate and was elected as against the regular candidate.

"Five thousand clay pipes did the trick for Dan" was a saying at the time.

"A man would have to give away automobiles to get elected to the senate nowadays," observed one of the new school of politicians.

"The days of the election cigar and tobacco are gone forever."—New York World.

## Damascus Swords.

Damascus swords, whose fame at one time made them almost one of the wonders of the world, were made of alternate layers of iron and steel, so finely tempered that the blade would bend to the hilt without breaking, with an edge so keen that no coat of mail could resist it and a surface so highly polished that when a Moslem wished to rearrange his turban he used his sword for a looking glass.

## That Held Him.

A Yankee clinched his heated argument with an Englishman as to the relative size of the Thames and Mississippi by saying:

"Why, look here, mister, there ain't enough water in the whole of the Thames to make a gargle for the mouth of the Mississippi."

## Too Much to Ask.

"Bliggins is a little annoying in manner, but his heart is in the right place."

"Yes," objected Miss Cayenne, "but you can't be expected to perform a surgical operation on every disagreeable person to ascertain where his heart is."—Washington Star.

## Doing Her Part.

"Will, will you thread a needle for me? I want to sew on a few buttons."

"Why, certainly. There you are. Now you can sew on your buttons while I go to the bridge club. Sometimes I wonder how you managed before you were married."

## Consolation.

Sappleigh—It's an awful thing to realize that you've made an egregious ass of yourself. Miss Keen—Haven't you got used to it yet?—Boston Transcript.

## Neutral Ground.

Individuals, like nations, must have suitable, broad and natural boundaries, even a considerable neutral ground, between them.—Thoreau.

Could we but think with the same intensity we love with we might do great things.—P. J. Bailey's "Festus"

## Fragrant Fern.

Some say it has the fragrance of new mown hay. It reminds others of fresh strawberries. There are also those who detect it in the perfume of the wild rose. Opinions differ as to what the fragrance resembles, but all opinions are unanimous in praising it. So they call it the fragrant fern.

It grows in small, round clumps in clefts on the face of a precipice, out of reach of collectors, who haven't the patience to hunt for it. For this reason it is not well known. Its out of the way haunts provide an effectual hiding place.

The hardness of the fragrant fern surprises the amateur collector. It grows in full glare of the sun, in places where more common ferns would be scorched and withered. Yet the fronds remain green throughout the year, and even the year-old fronds, which turn brown at the end of the season, curl up around the roots of the plant and cling to the rocks.—Philadelphia North American.

## Tact and Success.

Tact is a combination of good temper, ready wit, quickness of perception and ability to take in the exigency of the occasion instantly. It is never offensive, but is a balm allaying suspicion and soothing. It is appreciated. It is plausible without being dishonest, apparently consults the welfare of the second party and does not manifest any selfishness. It is never antagonistic, never opposes, never strokes the hair the wrong way and never irritates. Tact, like a fine manner, eases the way, takes the jar out of the joints, oils the bearings, opens doors barred to others, sits in the drawing room when others must wait in the reception hall, gets into private offices when others are turned down. It admits you into exclusive circles, where wealth abounds, even though poor. It secures the position when merit is turned away. Tact is a great manager. It easily controls people, even when combined with small ability, when genius cannot get along.

## Little Things Count.

The more complex life grows the more these little things count. One or two men at the pumping station could produce a water famine for 2,000,000 people.

Cut a very thin wire, and a city is in total darkness.

Five cents' worth of calico is enough to eclipse Raphael's finest Madonna.

When everybody walked to his appointed place of work nothing short of a universal calamity would keep everybody away from work. Now a defective feed wire will halt a hundred thousand in trolley cars.

And because these little things do foot up to such big totals the human element remains important despite all our inventions.

Most failures are men and women failures, not machine failures.—Philadelphia Ledger.

## Lettres de Cachet.

Lettres de cachet was the name given in France to warrants sealed with the king's seal ordering persons to be thrown into prison or exiled. The first came into use about 1670 and shortly became one of the popular terrors of France. It is said that no less than 9,000 lettres de cachet were issued during the reign of Louis XIV, and 50,000 during the reign of Louis XV. In many cases these terrible documents were secretly sold and used as a source of illicit revenue. They were frequently signed in blank, and the holder of one of these royal terrors could write in the name of any person against whom he happened to have a grudge. The national assembly abolished this iniquitous privilege of issuing lettres de cachet on Nov. 1, 1789.

## Rattling Windows.

In some houses the windows have an unpleasant habit of rattling at all times of the day and night when there is the least wind. In such a case an ordinary clothespin is most effective. It must be split in half and one half inserted on each side between the framework and the window or between the sashes. A good plan is to paint the clothespin the same color as the window frame and secure the pieces by a cord and screw to the frame so that they will be in readiness when needed.

## A Problem.

"That is my hired man asleep up there in the crotch of that oak tree," said honest Farmer Hornbeak. "You are entitled to one guess as to whether he clump up there to slumber or went to slumber on the ground on top of an acorn which grew up with him."—Kansas City Star.

## A Cent.

The habit of calling the cent piece of our American coinage a "penny" is utterly without foundation or excuse. We have no penny in our coinage. At one time half cent pieces were coined, but now the unit is a cent, the hundredth part of a dollar.

## Wonderful.

In the art department a few days ago one of the students drew the picture of a hen so lifelike that when she threw it into the waste basket it laid there.—Liverpool Post.

## Give Her Time.

Mother—I hope you do not allow him to kiss you as yet. Daughter—I cannot break him of all his foolish habits in a month, can I?—Life.

## Brain Trouble.

"Cholly has brain trouble."

"Is that so? What kind?"

"It troubles him to think."—Boston Transcript.

We have no right to say that any good work is too hard for us to do.

## Dust Dangers.

An analysis of the contents of a vacuum cleaner made recently showed that the dust which had collected on the bookshelves in a library consisted of "hair, green wool, white wool, cotton fibers, celluloid, pieces of finger nails, fly wings, sand grains, wood, paper, string, metallic iron and leather. The hair was probably derived from soft hats, the wool and cotton fibers from clothing, sand from the mud tracked in on shoes and the gradual pulverizing of the floor, fly wings from dead flies and paper from book leaves."

Curiously enough, very few germs were found in this dust. Yet there is no question that inhaling it might lead to various diseased conditions. This would not be the result of any disease germs contained in the dust itself, but to the irritating effects produced by the dust particles when brought into contact with the bronchial membranes. Thus it is evident that even germ free dust may be harmful when inhaled.—Los Angeles Times.

## Clever Advertising.

An ingenious advertisement recently made its appearance on the walls and boardings of a French town. It said: "A wallet containing the sum of 300 francs and a large number of orders has been lost by a traveling salesman of the firm of X. & Co. The finder is requested to return the orders to X. & Co. and to keep the 300 francs as a reward for his trouble in so doing."

Of course everybody read the advertisement. Of course everybody said to himself that the batch of orders on X. & Co. must be a nice, fat one. Thus by a clever stratagem X. & Co. managed to diffuse among the public the impression that theirs was a large business, with an immense number of customers. "Not even the Americans," says the proud Frenchman who reports this example of Gallic enterprise, "not even the Americans could have worked the trick better."—New York Post.

## Houses Made of Glass.

Glass is becoming more generally used as a building material each year. For some years glass bricks have been utilized where strength and durability as well as beauty were essential features. Glass is used for wainscoting, for partitions, for ceilings and for facing the fronts of buildings. It is also being used for foundations.

It has been demonstrated that the crushing strength of glass is three times that of granite, six times that of ordinary brick and ten times that of concrete. Another advantage it has over these materials is that it is absolutely nonabsorbent, so that a glass building can be perfectly dry inside, no matter what the atmospheric conditions outside.—Atlanta Journal.

## Fish Versus Mosquitoes.

Myriads of mosquitoes used to infest the rice plantations of Madagascar. Dr. Legendre, a savant well known in scientific circles in Paris, conceived the idea of freeing the region of malarial trouble by the introduction into the watercourses of cyprin, or red fish, which are very fond of both mosquitoes and their eggs. Within five months 500 fish multiplied to 10,000, and these destroyed nearly all the mosquitoes. The fish besides being a malarial destroyer became very important as an addition to native food.—London Telegraph.

## Smiled the Wrong Way.

"Well, my boy," he asked cheerfully at the breakfast table the morning after Cholly had taken the leap, "how did things go last evening? Did she smile on your proposal?"

"No," said Cholly faintly, pushing away a breakfast roll. "She smiled at it."—Pittsburgh Chronicle-Telegraph.

## Compensation.

Life is compensatory to this extent: When a man reaches the point at which his wife is compelled to make the living for the family he has also reached the point at which the fact ceases to humiliate him.—Topeka Capital.

## What Every Woman Knows.

A woman always knows when a man is in love with her. A man often knows a woman is in love with him when she isn't.—Exchange.

## He Was Fat.

Skinny—What made the tower of Pisa lean? Aver D. Pols—if I knew I'd try it!—Yale Record.

## PRACTICAL HEALTH HINT

♦ Rheumatism. ♦  
♦ For acute articular rheumatism the following treatment is recommended by a writer in the Medical Adviser, quoted by the Medical Record: An ointment made of four drams each of ichthyol, methyl salicylate and oil of turpentine, mixed with four ounces of lanolin, is applied to the affected joints and covered with cotton and oiled silk. The patient is put to bed in flannel nightclothes and between blankets for absolute rest. ♦  
♦ His diet must be liquid, preferably milk, together with fruit juices and plenty of water. ♦  
♦ Elimination through bowels, skin and kidneys must be attended to carefully. At the beginning of the treatment a dose of calomel and bicarbonate of soda is given and followed after four hours by rochelle salts or a selditz powder. ♦  
♦ Rhubarb and soda may be given to advantage until the tongue is clean. Throughout convalescence the patient must abstain from all animal foods and alcohol. ♦